



COVID-19 Operational Plan

This template outlines the general COVID-19 specific policies and procedures that businesses and services must have in place to operate under the updated Public Health Order issued May 1, 2020. Each phase of *Renew PEI Together*, beginning May 1st, includes a further relaxation of restrictions for business allowed to operate, but still includes the same general principles outlined in this template.

Name of Organization: PEI Alpine Ski Team

Civic Address: Mark Arendz Brookvale Alpine SKI Park

Organizers: Alpine Ski Team Executive – Mary Laura Coady, Tim MacEachern, Ross Wheatley, Lynn Robblee

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Date: Sept 22, 2020

Details of the Program:

- Program typically runs from mid-October until April. This year we are planning on starting mid October for dryland training and mid December for on-snow training, weather permitting.
- The team trains athletes three times a week, one evening 6pm - 8pm, Saturday and Sundays 10am-2pm.
- The participants operate in groups of 10 and under, including coaches.
- Typically the team consists of 30-40 athletes ranging in age between 6 and 16 years. There are approximately 10 coaches. Attendance is documented each training session.
- The ski team is divided into three main groups, junior development, skills team and the race team.
- The program is held entirely outdoors, accessing the Brookvale Alpine Lodge for bathrooms and breaks.
- The activity is non-contact, and physical distancing can be practiced before, during and after each session.
- Use of the chairlift is necessary, physical distancing while riding on the chair is not possible. However, athletes will be encouraged to wear face coverings, goggles and mitts/gloves are required. Groups will remain together and ride the chairlift as groups of 3-4 and will not intermingle.
- Each group (less than 10) will disperse for dryland training and on-snow skills development.
- Each participant is registered and communication is sent to athlete parents regularly. COVID-19 guidelines can be communicated and enforced prior to the start of the season and ongoing as required.

1. Physical Distancing

Measures used to maintain physical distancing	Steps taken to ensure minimal interaction of people. (2 meters separation)
Between athletes and coaches.	<ul style="list-style-type: none">• All athletes will be registered prior to the start of the season ensure assignment to groups.• There will be no on-site registration.• Athletes, parents and coaches will be encouraged not to show up more than 15 minutes prior to the start of each training session.

	<ul style="list-style-type: none"> • Details of the operational plan will be shared with athletes, parents and coaches prior to the event via email. • There will be no sharing of equipment and this will be communicated to coaches and athletes. • Participants will be divided into small groups not exceeding guidelines for the current Covid phase/plan. • Meeting locations for groups will be outside. • Groups will be adequately spaced to ensure physical distancing. • When groups are on the trails or in dry land training, physical distancing will be maintained between groups. • Access to bathrooms and lodge will be controlled and monitored by park staff. Total number of people will be controlled. • Physical distancing among participants and coaches is to be maintained as much as possible, except for brief exchanges where they cannot be avoided. An example of this is riding the chairlift. Athletes will be expected to wear face coverings, goggles and mitts/gloves. Coaches will be responsible for enforcing this. • First-aid kits will be available for dryland training. Gloves and mask must be worn when treating any injured participants. • Ski Patrol provides on-snow first-aid. • We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported. • We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved. • Any person showing symptoms must self-isolate as per PEI Chief Public Health Office Guidelines.
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2. Policy for Exclusion of Participants Requiring Self-Isolation

- Any leaders / athletes / parents of athletes who are required to self-isolate for any reason as dictated by the Public Health Office must not attend or participate in PEI Alpine Ski Team training for the period of their self-isolation.

3. Illness/Exclusion Policy

- All coaches/ participants / parents of participants must self-monitor for symptoms and report to the Organizers if they have concerns about possible COVID exposure or possible symptoms.
- Any coach / participant / parent of participants developing symptoms of COVID-19 at trainings or events must immediately perform hand hygiene, report to Organizers, avoid contact with anyone and leave as soon as it is safe to do so. They will be asked to contact 811 to arrange testing.
- Symptomatic coaches / participants / parents of participants will be required to self-isolate until tested for COVID-19 and the results are confirmed.
- If the test results are negative for COVID-19 but the coach / participant / parent of participants remains ill and/or symptomatic, they should remain absent from Alpine Ski Team Training

Symptoms of COVID-19 include:

- cough (new or exacerbated chronic)
- headache
- fever/chills

- sore throat
- marked fatigue
- sneezing
- congestion
- body aches
- runny nose

4. Enhanced Cleaning and Disinfection of Shared Areas and Surfaces

Cleaning products will remove visible soil and/or dirt from surfaces. Disinfecting products are used to destroy bacteria and viruses. Cleaning will be the responsibility of the Brookvale Alpine Ski Lodge.

Cleaning product	Mr. Clean
Mixing instructions	As per label
Disinfecting product	Preempt
Mixing instructions	As per label

5. Hand washing / Sanitizer Stations

We all have to do our part to prevent the spread of illness. We know that practicing good hygiene is an essential part of preventing the spread of COVID-19. To protect yourself and others from getting sick, take the following precautions:

- wash your hands often (in addition to routine times such as after using the washroom, before eating, when handling food for the public),
- cough/sneeze into your elbow or tissue and throw away,
- avoid touching your eyes, nose and mouth with your hands,
- use alcohol-based hand sanitizer if soap and water are not readily available.

Hand Washing Stations	Location
Participants / Coaches / Parents of Participants	<ul style="list-style-type: none"> • washrooms
Hand Sanitizer Stations	Location
Participants / Coaches / Parents of Participants	<ul style="list-style-type: none"> • Each entrance/exit to the lodge • Each coach will have hand sanitizer on their person • Each participant will be encouraged to have hand sanitizer